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**IF I COULD INVENT SOMETHING NEW**

If I could invent something new, it would be something new, it would be a smart and world benefiting invention like a crop whose fruit will not only contain water but also other nutrients like carbohydrates, proteins, fats, oils and minerals. This invention will help solve hunger and fitness problems tackling our world today. I would name the fruit ***“Fitness Fruit***” as it contains fitness enabling components when eaten. The ***fitness fruit*** could be very beneficial to the society as it can serve as the healthiest and tastiest food one can eat in just one bite. With this fruit having an easy and portable form of packaging it will encourage people to avoid unhealthy junks and start a healthy feeding lifestyle.

This fruit can also help the sick and infected that are under hospitalized care to heal faster due to its rich nutritional value. If this fruit is even developed better, it could become one of most prescribed edible items for special illnesses that require eating balanced meals at all times. Examples of such illnesses are malaria, stomach ulcers. Another benefit that this fruit will provide when I invent it is that it will be easy to grow in any form of soil; therefore, it will be cheaper and easily bought in bulk.

Furthermore, inventing the fruit would help farmers to have a new source of revenue or income which will in turn boost the economy of our country Nigeria. It would also encourage sole trade and entrepreneurship. Another benefit that this fruit will provide is that it will easily be accessed by even the poor because I will make sure that it can be planted year-round, thereby making it cheap and available at any month of the year.

Amongst all other benefits that of the fruit is the fact that the combination of the protein and carbohydrate content helps to revitalize the body by both energy and building muscles. This would help those who are athletes and those who engage in strenuous work like engineers, bricklayers and others. The ***fitness fruit*** when served with other dishes helps to make up for nutrients that are not in that dish, take for example a bowl of cereals and milk containing only carbohydrates and proteins, but when it is served with a few slices of the fruit the dish automatically becomes a fully balanced nourishment.

Finally, I inventing such a wonderful fruit will bring Nigeria into limelight amongst international community thereby giving honor and respect to our dear country.

Conclusively, I believe that if I invent the “***fitness fruit*** “it will largely benefit mankind by helping to eradicate hunger, diseases and sicknesses, thereby making life worth living. I pray that my dream will come through.